Rhubarb buns with vanilla cream and crumble topping



Ingredients

Yeast Dough:
♥ 5 dl milk
♥ 150 g butter
♥ 125 g powdered sugar
♥ 50 g yeast
♥ 1 tsp cardamom
♥ 750 g wheat flour

Vanilla Cream:
♥ 5 dl heavy cream
♥ 1 tbsp vanilla paste (see tips)
♥ 4 egg yolks
♥ 25 g cornstarch
♥ 125 g sugar

Rhubarb Filling:
♥ 300 g rhubarb
♥ 1 dl water
♥ 1 dl sugar

Crumble Topping:
♥ 100 g butter
♥ 100 g sugar
♥ 100 g wheat flour
♥ 2 tsp vanilla sugar

Decoration:
♥ sprinkle of powdered sugar

Instructions

Vanilla Cream:
Preferably start the day before by preparing the vanilla cream (see the separate post **HERE**):

Bring cream and vanilla to a boil. Remove the saucepan from the heat.

In another bowl, whisk egg yolks, cornstarch, and sugar lightly together.

Gradually add the warm vanilla cream to the egg mixture. Mix well with a hand whisk. Then pour it back into the saucepan.

Heat up again while stirring constantly, but it's very important that the cream doesn’t boil as it can separate. The vanilla cream will thicken as it gets warm.

Remove the saucepan from the heat and let the vanilla cream cool to room temperature. Stir occasionally. Then place the vanilla cream in the refrigerator until it is completely thick (preferably overnight, but cover with plastic wrap to prevent a skin from forming on the surface).

Yeast Dough:
Bring milk, butter, and powdered sugar to a boil. Cool the mixture to body temperature (max 37°C).

Dissolve the yeast in the lukewarm liquid. Add cardamom and flour. Knead the dough until it is smooth. The dough can rise for 30–45 minutes (I usually do this), but it is not absolutely necessary with this dough.

Rhubarb Filling:
Cut rhubarb into small slices. Put water and sugar in a saucepan. Add the rhubarb pieces. Bring to a boil and simmer for about 5 minutes, so the rhubarb pieces become tender without falling apart too much. Cool.

Crumb Topping:
Melt the butter. Stir in sugar, flour, and vanilla sugar to make a soft dough.

Shaping and Baking:
Divide the dough into 15 equal portions. Shape into large, round buns. Flatten the buns with your hands and place them on two baking paper-covered baking sheets. Let the buns rise for about 50 minutes.

Use your fingers to press down a deep indentation in each of the buns.

Put the vanilla cream in a large pastry bag. Fill each indentation with vanilla cream.

Place the rhubarb pieces on top of the vanilla cream (try to get as little liquid as possible).

Distribute the crumb topping over it.

Bake the buns in the middle of the oven at 220°C for about 10–15 minutes, until they are golden and thoroughly baked.

Cool. Sift powdered sugar over before serving.

Tips

♥ Homemade vanilla cream gives the best flavor, of course, but if you prefer, you can also use 5 dl of store-bought vanilla cream instead of homemade. For the homemade vanilla cream, I use vanilla paste, which is a dark vanilla syrup available in most Norwegian grocery stores.

♥ Here, I have used my favorite recipe for yeast dough from **The World's Best Buns** (half portion). You can, of course, use any type of other yeast dough to make these rhubarb buns with.

♥ Make sure the rhubarb pieces don't cook in the sugar syrup so long that they dissolve. Alternatively, you can put the rhubarb pieces and sugar syrup in an ovenproof dish and bake them at 200°C for about 15 minutes.

♥ Only the rhubarb pieces should be placed on top of the buns. It is not intended to use the sugar syrup they've cooked in.

♥ The crumble topping can be flavored with 1 tsp of cinnamon or cardamom. White sugar in the crumble dough can be replaced with brown sugar. If you'd like, you can also add 50 grams of chopped nuts or oats to the dough.

♥ Like all yeast pastries, the buns taste best on the same day, but they can be stored until the next day. In that case, wrap them well in plastic so they don't dry out.

♥ See also **Blueberry Buns with Vanilla Cream and Crumble Topping**, which is based on the same recipe.

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